

PSYCHOTHERAPISTS IN ACTION—Exploration of the Therapist's Contribution to the Treatment Process—Hans H. Strupp, Department of Psychiatry, School of Medicine, University of North Carolina, Chapel Hill. Grune & Stratton, Inc., 381 Park Avenue South, New York 16, N. Y., 1960. 338 pages, \$8.75.

The book describes in detail a study of the psychotherapeutic process with particular emphasis on the operations of the psychotherapist. Strupp, using a sound film of an initial interview with a patient, obtained responses from 237 psychotherapists of markedly varying training and experience. Their attitudes toward the patient, their diagnoses, their suggestions for dealing with the material in the interview, their interpretations, their understanding of the dynamics of the case and their goals of treatment were obtained by the use of a questionnaire. An analysis of the therapeutic techniques recommended was made in relation to the therapist's personality, training and experience.

The process by which the therapist arrives at his clinical judgments and evaluations about a patient is explored and related to specific treatment recommendations and planning. The varying ways in which different therapists are influenced by a particular patient is clearly shown, as is the effect this has on his ideas about the type of therapeutic relationship he would plan to evolve.

The author is aware of the limitations of his method of investigating the psychotherapeutic process, but obtained sufficient data to support the already generally accepted thesis that therapists cannot be treated as interchangeable units with techniques and practices that are roughly identical. There is tremendous difference between therapists, and these differences play significant roles in both the goals and techniques (and results) of therapy.

The book will be of interest to those who are interested in a careful examination of psychotherapy. The method of investigation employed represents a distinct contribution.

NORMAN Q. BRILL, M.D.

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MEDICINE AS AN ART AND A SCIENCE—A. E. Clark-Kennedy, M.A., M.D. (Cantab.), F.R.C.P. (London), Fellow of Corpus Christi College, Cambridge, Consulting Physician to the London Hospital and formerly Dean of the Medical School; and C. W. Bartley, M.A., D.M. (Oxon.), M.D. (McGill), M.R.C.P. (London), Physician to the Lambeth Hospital. J. B. Lippincott Company, East Washington Square, Philadelphia 5, Pennsylvania, 1960. 425 pages, \$6.25.

A. E. Clark-Kennedy has been concerned with the interrelationships of the art and science of medicine for a long time. In 1947 his book entitled "Medicine" examined all phases of the subject and gave the reasons and the reasonings for his belief that a true physician must treat the soul as well as the body of his patient. The present volume, published jointly with T. W. Bartley and entitled "Medicine as an Art and a Science" pursues this thesis further.

This is not a textbook but a relatively short volume, directed primarily towards the needs of the beginner, which one can read without too much mental indigestion. It may serve as a guide to more detailed and comprehensive textbooks in their different fields. The approach is based on the incontrovertible and yet neglected fact that diseases are not things which exist independent from the patient who suffers from them, but are transient or progressive alterations in individual men, women and children. (All diseases must be due to reactions between an individual and his environment but we talk about diseases as if they exist per se.) The authors have attempted to paint in outline the whole picture of the natural phenomena of human disease in the hope of building a sense of perspective essential to the physician.

The presentation is in five parts: (1) The patient and his disease; (2) Primary functional disorders; (3) Organic

disease; (4) Clinical diagnosis; (5) Principles of prevention and treatment. The reviewer wonders at such things as the odd lumping together of most metabolic and endocrine conditions under "unexplained disorders of physical function" and the advocacy of antibiotic therapy without a preceding culture, but he feels that the authors have done a generally good job.

This is an interesting book which emphasizes for the student or physician fundamental truths which are sometimes too easily forgotten. It is recommended to both as ancillary reading.

EDGAR WAYBURN, M.D.

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IMPROVING PATTERNS OF LANGUAGE USAGE—Ruth I. Golden, English Department, Detroit Central High School. Wayne State University Press, Detroit 2, Michigan, 1960. 196 pages, \$2.95.

This is a report on intensive research into language of three high schools in Detroit with a school population which consists predominantly of Negro students. The standard of language expression is analyzed in relation to the socioeconomic level of the students. The progress of this level depends on more widely accepted speech patterns. To be accepted by middle-class standards language has to be regarded as a key to that acceptance.

With the increasing Negro population in California this problem besides being of great social importance is of special interest to the physician who handles health problems of Negroes. The pattern of nonstandard expressions still used by so many high school students gives the false impression of ignorance and lends support to prejudice. Instead one has to keep in mind that Negro English contains archaic survivals of good old English. This book describes how people more or less isolated from the central development always retain cultural characteristics that the main body loses. Tennessee mountaineers were geographically, Negroes more socially isolated. Since there is no biological basis for "Negro dialect," Negroes are as capable of pronouncing English words as whites are.

Many Negro students use a "second language" to which they revert as soon as they are out of the classroom. This more comfortable common language they share as compensation for injustices. Lack of speech proficiency contributes to the failure of many Negro students to enter college. The resulting frustration does not contribute to better human relations. The results of this research are of great importance for the interpretation of oral communication with Negro patients in psychiatry and psychology.

PAUL J. MOSES, M.D.

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HOUSE OF HEALING—The Story of the Hospital—Mary Risley. Doubleday & Company, Inc., 575 Madison Avenue, New York 22, N. Y., 1961. 288 pages, \$4.50.

This 288-page book, written for the layman, traces the evolution of the hospital from the early temples of healing to the present modern hospital medical centers. The practice of medicine in ancient Sumer and Babylon, Egypt, Greece, Rome, and Arabia are portrayed. The development of the Monastic hospitals, the various patrons of hospitals, and the role of cities and governments in hospitals are discussed. The book concludes with chapters on the development of hospitals in the United States and the future role of hospitals. The index appears to be quite adequate. The continuity of thought is occasionally disrupted by incorporation of interesting facets of history not directly correlated to the subject matter. This book will contribute but little to the busy physician's library.